

## AMENDMENTS TO THE CLAIMS

1-111. (Cancelled)

112. (Previously Presented) A composition for promoting muscle carnitine accumulation in human skeletal muscle, the composition comprising L-carnitine and an agent to increase blood plasma/serum insulin concentration, and wherein the amount by weight of said agent is at least ten times the amount by weight of said L-carnitine.

113. (Previously Presented) A composition according to claim 112 wherein the agent is operable to increase sodium dependent carnitine uptake into skeletal muscle.

114. (Previously Presented) A composition according to claim 112 wherein the agent is operable to increase insulin activity in skeletal muscle.

115. (Previously Presented) A composition according to claim 112 wherein the agent comprises a carbohydrate and/or an amino acid and/or a protein.

116. (Previously Presented) A composition according to claim 115 wherein the agent is a carbohydrate.

117. (Currently Amended) A composition according to claim 115 wherein the agent comprises an amino acid ~~carbohydrate is a simple carbohydrate.~~

118. (Currently Amended) A composition according to claim 116 wherein the carbohydrate is a ~~simple~~ sugar.

119. (Currently Amended) A composition according to claim 116 ~~claim 117~~ wherein the carbohydrate comprises glucose, sucrose, and/or fructose.
120. (Previously Presented) A composition according to claim 112 wherein the amount by weight of the agent is between 10 and 150 times the amount by weight of said L-carnitine.
121. (Previously Presented) A composition according to claim 112 wherein the amount by weight of the agent is between 10 and 95 times the amount by weight of said L-carnitine.
122. (Previously Presented) A composition according to claim 112 wherein the amount by weight of the agent is between 10 and 40 times the amount by weight of said L-carnitine.
123. (Previously Presented) A composition according to claim 112 comprising 0.25g to 3g L-carnitine and between 2.5g and 450g of the agent.
124. (Previously Presented) A composition according to claim 112 comprising 0.25g to 3g L-carnitine and between 2.5g and 285g of the agent.
125. (Previously Presented) A composition according to claim 112 comprising 0.25g to 3g L-carnitine and between 2.5g and 120g of the agent.
126. (Previously Presented) A composition according to claim 112 in the form of a solution.
127. (Previously Presented) A composition according to claim 112 in the form of an aqueous solution.
128. (Previously Presented) A composition for promoting muscle carnitine accumulation in human skeletal muscle, the composition comprising 0.25g to 3g of L-carnitine and between 2.5g and 450g of an agent to increase blood plasma/serum insulin concentration.

129. (Previously Presented) A composition according to claim 128 wherein the agent is operable to increase sodium dependent carnitine uptake into skeletal muscle.
130. (Previously Presented) A composition according to claim 128 wherein the agent is operable to increase insulin activity in skeletal muscle.
131. (Previously Presented) A composition according to claim 128 wherein the agent comprises a carbohydrate and/or an amino acid and/or a protein.
132. (Previously Presented) A composition according to claim 131 wherein the agent is a carbohydrate.
133. (Currently Amended) A composition according to claim 131 wherein the agent comprises an amino acid ~~carbohydrate is a simple carbohydrate~~.
134. (Currently Amended) A composition according to claim 132 wherein the carbohydrate is a ~~simple~~ sugar.
135. (Currently Amended) A composition according to claim 132 ~~claim 133~~ wherein the carbohydrate comprises glucose, sucrose, and/or fructose.
136. (Previously Presented) A composition according to claim 128 wherein the amount by weight of the agent is between 10 and 150 times the amount by weight of said L-carnitine.
137. (Previously Presented) A composition according to claim 128 wherein the amount by weight of the agent is between 10 and 95 times the amount by weight of said L-carnitine.
138. (Previously Presented) A composition according to claim 128 wherein the amount by weight of the agent is between 10 and 40 times the amount by weight of said L-carnitine.

139. (Previously Presented) A composition according to claim 128 comprising 0.25g to 3g L-carnitine.
140. (Previously Presented) A composition according to claim 128 comprising 0.25g to 3g L-carnitine and between 2.5g and 285g of the agent.
141. (Previously Presented) A composition according to claim 128 comprising 0.25g to 3g L-carnitine and between 2.5g and 120g of the agent.
142. (Previously Presented) A composition according to claim 128 in the form of a solution.
143. (Previously Presented) A composition according to claim 128 in the form of an aqueous solution.
144. (Previously Presented) A composition for increasing the carnitine content of human skeletal muscle, the composition comprising L-carnitine and an agent to increase blood plasma/serum insulin concentration, wherein the agent is present in an amount sufficient to increase blood plasma/serum insulin concentration above 50 mU/l.
145. (Previously Presented) A composition according to claim 144 wherein the agent is operable to increase sodium dependent carnitine uptake into skeletal muscle.
146. (Previously Presented) A composition according to claim 144 wherein the agent is operable to increase insulin activity in skeletal muscle.
147. (Previously Presented) A composition according to claim 144 wherein the agent comprises a carbohydrate and/or an amino acid and/or a protein.

148. (Previously Presented) A composition according to claim 147 wherein the agent is a carbohydrate.
149. (Currently Amended) A composition according to claim 147 wherein the agent comprises an amino acid ~~carbohydrate is a simple carbohydrate.~~
150. (Currently Amended) A composition according to claim 148 wherein the carbohydrate is a ~~simple~~ sugar.
151. (Currently Amended) A composition according to claim 148 ~~claim 149~~ wherein the carbohydrate comprises glucose, sucrose, and/or fructose.
152. (Previously Presented) A composition according to claim 144 wherein the amount by weight of the agent is between 10 and 150 times the amount by weight of said L-carnitine.
153. (Previously Presented) A composition according to claim 144 wherein the amount by weight of the agent is between 10 and 95 times the amount by weight of said L-carnitine.
154. (Previously Presented) A composition according to claim 144 wherein the amount by weight of the agent is between 10 and 40 times the amount by weight of said L-carnitine.
155. (Previously Presented) A composition according to claim 144 comprising 0.25g to 3g L-carnitine and between 2.5g and 450g of the agent.
156. (Previously Presented) A composition according to claim 144 comprising 0.25g to 3g L-carnitine and between 2.5g and 285g of the agent.
157. (Previously Presented) A composition according to claim 144 comprising 0.25g to 3g L-carnitine and between 2.5g and 120g of the agent.

158. (Previously Presented) A composition according to claim 144 in the form of a solution.
159. (Previously Presented) A composition according to claim 144 in the form of an aqueous solution.
160. (Currently Amended) A method of increasing carnitine retention in human and/or animal skeletal muscle, the method comprising administering a composition according to claim 112 to a human and/or animal body in need thereof.
161. (Previously Presented) A prepared human dose comprising a composition according to claim 112.
162. (Currently Amended) A method of treatment of carnitine deficiency in the skeletal muscle of a human subject in need thereof, comprising administering to the subject a composition according to claim 112.